Supporting People with Physical Disabilities and their Families



A PROFESSIONAL'S GUIDE









Webcast: Supporting People with Physical Disabilities and their Families

Competency/skill – Understanding of common issues and concerns facing people with physical disabilities.

Objectives:

- I. Explain the definition of physical disability.
- 2. List three different types of physical disabilities.
- 3. Explain key challenges that people with disabilities may experience.
- 4. Describe various types of supports for families.
- 5. Describe employment strategies.
- 6. List housing design and financial assistance options.

Sample discussion questions:

- I. What challenges do people with physical disabilities face?
- 2. Role play how you would facilitate someone accessing peer support and independent living skills training.
- 3. Families often play a key role in the life of a person with a physical disability. Describe ways of supporting families.
- 4. People with physical disabilities often need assistance to research housing options. Role play how you would assist someone with the need for accessible housing.
- 5. In his presentation, Dan Johnson shared a wide variety of information on resources available for people with physical disabilities. Discuss the different resources that are available in your area.

Supporting People with Physical Disabilities and Their Families

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DEFINITION

"Physical disability" means a physical condition, including an anatomical loss or musculoskeletal, neurological, respiratory or cardiovascular impairment, which results from injury, disease or congenital disorder and which significantly interferes with or significantly limits at least one major life activity of a person.

Physical Disabilities Include:

- Amputation
- Arthritis
- Cancer
- Diabetes
- Heart and/or Lung Disease
- Multiple Sclerosis
- Muscular Dystrophy
- Polio
- Spinal Cord Injury

Brief Profiles of Selected Physical Disabilities

- The number of people in Wisconsin today with arthritis is estimated to be 800,000. Of the 800,000 individuals with arthritis, 4,000 are children.
- The number of people who have had a stroke is estimated at 61,032. The chance of having a stroke more than doubles for each decade of life after age 55.
- In 1998, there were 259 SCI events. One hundred and eleven resulted in tetraplegia. Ninety-one injuries resulted in paraplegia.

Brief Profiles of Selected Physical Disabilities

- In Wisconsin, there are approximately 191,000 individuals with cardiovascular disease (CVD). Most individuals with CVD are over the age of 60, and the incidence increases with age.
- There are approximately 158,000 cases of chronic obstructive pulmonary disease (COPD) among adults in Wisconsin. Most individuals with COPD are current or former smokers in their 50s and 60s
- The number of people with diabetes is estimated to be 315,400. The prevalence of diabetes increases with advancing age

Living with a Physical Disability

For individuals with physical disabilities to live independently, they require certain fundamental access to housing, transportation, long term care, assistive technology, income and employment, and a change in inherent attitudes

Challenges

- Acceptance
- Support Services
- Income & Employment
- Housing
- Transportation
- Assistive Technology
- Health Promotion
- Attitudes
- Civil Rights

Acceptance

- Peer Support
- Independent Living Skills Training

Supports

- Spinal Cord Injury Information Network:
- http://www.spinalcord. uab.edu/show.asp?dur ki=19679
- National Multiple Sclerosis Society:
- http://www.nationalms society.org/

- Paralyzed Veterans of America:
- http://www.pva.org/
- <u>Post-Polio</u> International:
- http://www.post-polio.org/ipn/index.ht
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Supports

- American Heart Association home:
- http://www.americanheart.org/presenter.jhtml?identif ier=1200000
- American Cancer Society:
- http://www.cancer.org/doc root/home/index.asp

- Arthritis foundation:
- http://www.arthritis.org/de fault.asp
- National stroke
 Association
- http://www.stroke.org/site/
 PageServer?pagename=H
 OME

Supporting Families

- Point of Injury or Diagnosis
- Home and Community
- Information, education, technical assistance,
- Benefits Planning and Assistance
- Support and Counseling

In-Home Support

- Personal-care
- Home Health-Care
- Chore Services
- Assistive Technology

Independent Living Centers

Consumer Controlled Not-For-Profit Organizations that provide:

- Peer Support
- Independent Living Skills Training
- Individual and Systems Advocacy
- Information and Assistance
- Other Services

Benefits

- Financial Assistance
- Health Care
- Long-Term Support

Income and Employment

Many people with significant physical disabilities want to work. They have skills, talents and experience to offer employers, but face barriers to employment that prevent them from reaching their full potential. They fear losing their health care coverage and often struggle to understand the complex and uncoordinated array of benefits and employment services available.

Employment Strategies

A team at the direction of the consumer;

- Identifies the consumer's assets and barriers to work, including: an assistive technology assessment and benefits analysis.
- Provides resource team coordination.
- Arranges for career exploration; job seeking support. and
- Provides ongoing support.

Work Incentives

- Special rules make it possible for people with disabilities receiving Social Security or Supplemental Security Income (SSI) to work and still receive monthly payments and Medicare or Medicaid. Social Security calls these rules "work incentives."
- SSA.gov

Income and Employment Resources

Benefit Specialist Program
Home and Community-Based

Waivers-Vocational Futures Planning

Job Accommodation Network

Pathways to Independence

Social Security Disability Insurance

Supplemental Security Income

Ticket to Work Program

Vocational Rehabilitation Program

Vocational Rehabilitation Complaints

Pathways to Independence

The Office of Independence and Employment houses a number of initiatives designed to address the barriers to employment and community living faced by many individuals with disabilities. Pathways, with input from key stakeholders including consumers, advocates and policy makers, identifies current systemic barriers and designs creative pilots to address them. The goal is to test innovative solutions to existing problems and incorporate them into the overall consumer-driven, systems change movement in Wisconsin.

Housing

- Affordable
- Accessible

Housing

- According to Priced Out In 2004:
- The average national rent for a modest one-bedroom housing unit was \$676, more than the entire monthly income of people with disabilities who rely on SSI.
- Federal housing affordability guidelines state that low-income households should pay no more than 30 percent of monthly income towards housing costs – approximately \$185 per month for an SSI recipient.
- This long-standing policy recognizes that money must be left over after the rent is paid to cover other basic needs such as food, clothing, transportation, etc.
- People with disabilities who rely on SSI payments continue to be among the lowest-income citizens in the United States.
- In 2004, the national average income of a person with a disability receiving SSI fell to a new low of 18.4 percent of median income
- Two federal programs provide an ongoing monthly housing subsidy –HUD's Section 8 Housing Choice Voucher program and the Section 811 Supportive Housing for Persons with Disabilities program.

Housing and Architectural Accessibility Resources

http://dhfs.wisconsin.gov/disabilities/ physical/housing.htm

Design Resources

ADA Guidelines for Accessible Design
Barrier-Free Building Code in Wisconsin
Home Modification Resource Center
Remodeling Your Home
Universal Home Design
Universal Home Design Guide
Visitability: A New Twist on Access

Financial Assistance

Gap Financing for Home Purchase & Rehabilitation
HOME Program
Project Home for Dane County
Travis Roy Foundation for people with spinal cord injury
Rural Home Repair Loans for Low-Income Elders
Veterans Grants for Home Modifications
WisLoan Program

TRANSPORTATION

Mainline Bus Subway Trains

Para-Transit Vehicles Trains

Taxi Airplanes

Over-The-Road Coach Automobiles and Vans

Laws and Regulations

ADA and public transportation
Air Carrier Access Act regulations
Assistance at gas stations
Barrier-Free Building Code in Wisconsin
Disabled parking laws in Wisconsin
Disabled parking license plates and ID cards

Adapting Motor Vehicles

 individuals who require adaptive devices for their motor vehicles should follow a proven process—evaluating your needs, selecting the right vehicle, choosing a qualified dealer to modify your vehicle, being trained, and maintaining your vehicle

VEHICLE MODIFICATIONS



- LOWERED FLOOR ON DRIVER AND PASSENGER SIDE
- AUTOMATIC POWER RAMP
- AUTOMATIC POWER SIDE DOOR

VEHICLE MODIFICATIONS

- AUTOMATIC POWER CARGO DOORS
- FULLY AUTOMATIC WHEELCHAIR LIFT



DRIVING TECHNOLOGY

- TRI-PIN
- ELECTRIC ACCELERATOR AND BRAKE
- ELECTRIC TIE DOWN RELEASE







- JOYSTICK CONTROLS ACCELERATOR, BRAKE, AND STEERING.
- ACCU-TROL CONTROLS ALL OTHER VAN FUNCTIONS
- ELECTRIC AUTOMATIC TIE-DOWN

Automotive Equipment and Financing

Adapting motor vehicles for people with disabilities

Automotive safety for people with disabilities

Car and van modification resources

Free gas cap wrench

Travis Roy Foundation for people with spinal cord injury

WisLoan Program

Assistive Technology

- Assistive technology (AT) is any product or device that enables people with disabilities to improve their independence and quality of life in the community, at home, at work, and at school.
- http://dhfs.wisconsin.gov/disabilities/physical/a ssistive.htm

Assistive Technology Programs and Information in Wisconsin

Assistive Technology Program (WisTech)
Technology for Farmers with Disabilities
Technology: The Liberating Possibilities
Telecommunication Equipment Purchase Program
Wheelchair Recycling Program

Health Promotion

Goal: To provide options and information to help individuals pursue whatever kind of activity they think they would enjoy.

The important thing is not *what* you do, but that you do something, indoor or outdoor, recreational or competitive, solo or team, easy or intensive.

- National Center on Physical Activity and Disability
- http://www.ncpad.org/

Health Promotion

Centers for Medicare and Medicaid Services

- CMS has a series of training sessions entitled "Achieving a Healthy America," on how CMS and their partners can work together to help people with Medicare live longer and healthier lives.
- CMS offers an electronic mailing list service for those interested in receiving news from the Centers for Medicare & Medicaid Services (CMS)
- http://www.cms.hhs.gov/center/people.asp
- http://www.cms.hhs.gov/apps/mailinglists/default.asp?audience=1

Health Promotion

Medicare Part D

- Disability Drug Benefit Helpline Wisconsin Coalition for Advocacy
- 1-800-926-4862
- (Monday through Friday)
- www.w-c-a.org/pages/partd.html

Training and Technical Assistance

Wisconsin Disability Benefits Network

Training, Continuing Education, and Information Dissemination for benefit specialists and other professionals.

http://www.eri-wi.org/networkServices.php

Attitudes

- A Disability is a condition caused by an accident, trauma, genetics or disease which may limit a person's mobility, hearing, vision, speech or mental function. Some people have one or more disabilities.
- A Handicap is a physical or attitudinal constraint that is imposed upon a person, regardless of whether that person has a disability. Webster's Ninth New Collegiate Dictionary defines handicap as "to put at a disadvantage".

Distinction between Disability and Handicap

Example:

- Some people with disabilities use wheelchairs.
- Stairs, narrow doorways and curbs are handicaps imposed upon people with disabilities who use wheelchairs.

Disability Etiquette

- People with disabilities are not conditions or diseases. They are individual human beings.
- For example, a person is **not** an *epileptic* but rather a *person who has epilepsy*.
- First and foremost they are people. Only secondarily do they have one or more disabling conditions. Hence, they prefer to be referred to as People with Disabilities.

Glossary of Acceptable Terms

- Acceptable Terms
- Person with a disability.
- Disability, a general term used for functional limitation that interferes with a person's ability, for example, to walk, hear or lift. It may refer to a physical, mental or sensory condition.
- People with cerebral palsy, people with spinal cord injuries

- Unacceptable Terms
- Cripple, cripples the image conveyed is of a twisted, deformed, useless body.
- Handicap, handicapped person or handicapped.
- Cerebral palsied, spinal cord injured, etc. Never identify people solely by their disability.

- Acceptable Terms
- Person who had a spinal cord injury, polio, a stroke, etc. or a person who has multiple sclerosis, muscular dystrophy, arthritis, etc.
- Has a disability, has a condition of (spina bifida, etc.), or born without legs, etc.
- Use a wheelchair or crutches; a wheelchair user; walks with crutches.

- Unacceptable Terms
- Victim. People with disabilities do not like to be perceived as victims for the rest of their lives, long after any victimization has occurred.
- Defective, defect, deformed, vegetable. These words are offensive, dehumanizing, degrading and stigmatizing.
- Confined/restricted to a wheelchair; wheelchair bound. Most people who use a wheelchair or mobility devices do not regard them as confining. They are viewed as liberating; a means of getting around.

- Acceptable Terms
- People who do not have a disability.
- A person who has (name of disability.) Example: A person who has multiple sclerosis.
- Unacceptable Terms
- Normal. When used as the opposite of disabled, this implies that the person is abnormal. No one wants to be labeled as abnormal.
- Afflicted with, suffers from. Most people with disabilities do not regard themselves as afflicted or suffering continually.
- Afflicted: a disability is not an affliction.

Civil Rights

Discrimination Protection

Wisconsin Fair Housing
Wisconsin Fair Employment
Wisconsin Public Accommodations or
Amusement
Post Secondary Education Due to Disability

Resources

- ADA Wisconsin Partnership
 http://www.adawipartnership.org/ADA.htmwrote
- Great Lakes ADA and IT Accessibility Center http://www.adagreatlakes.org/WebForms/Contact Us/Default.asp?contact=technical

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